

FARMLOG

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WEEK 13

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TOMATOES

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Cucumbers Make Their Debut

Here come the cucumbers! We nibbled on a few last week, but they have overdone themselves in the last week and are ripe for the picking. They are one of my favorites - better than the tomatoes. Of course, you can simply slice and eat them. But, one of our favorite ways to serve is as a salad with a bit of diced onions in them. It is such a favorite of Bryce and Anna's that they asked Bryce's grandmother -Oma - to make a big dish of this for their wedding rehearsal dinner five years ago.

Oma's Cucumber Salad

Ingredients:

1/3 cup sour cream or yogurt (can substitute with Hellmann's mayonnaise)

1 tablespoon apple cider vinegar

1/4 teaspoon kosher salt

1/4 teaspoon freshly cracked black pepper

2 tablespoons fresh chopped dill

1-2 cucumbers, washed and thinly sliced (to yield 2 cups sliced) - use a mandolin or shredder

1/2 cup thinly sliced red or yellow onion

In a medium bowl, whisk together sour cream (or yogurt or mayo), vinegar, salt, pepper and dill until combined. Add sliced cucumbers and onions and gently stir to coat evenly. Cover and refrigerate at least 1 hour before serving. NOTE: Oma uses a bit of sugar in her dressing. Start with a teaspoon and adjust. I prefer it a bit on the sour side, but add more sugar to make it less sour.

Provencal Tomato and Squash Gratin

This recipe from Martha Shuman is shared on the New York Times cooking site along with such a delicious picture of the final dish that I thought it had to be included in the newsletter.

Ingredients

2 pounds tomatoes, 2 tablespoons extra virgin olive oil, 2 large garlic cloves, minced 1/2 medium or 1 small onion, 1/2 pound summer squash (1 good size zucchini or yellow squash), cut in 1/2inch dices, salt and freshly ground pepper

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to taste, 2 teaspoons fresh thyme leaves, or 1 teaspoon crumbled dried thyme, 1 cup cooked rice, farro or barley, 3 eggs, 2 ounces Gruyère cheese, grated (1/2 cup) 1 to 2 tablespoons slivered or chopped fresh basil leaves

Preparation

The vegetables can be cooked through Step 2 several hours before you assemble the gratin. They can be held in the pan on top of the stove or refrigerated overnight. The finished gratin keeps well for 3 or 4 days.

Step 1. Peel and seed half the tomatoes, and chop fine. Slice the rest and set aside. Preheat the oven to 375 degrees. Oil a 2-quart gratin or baking dish. Step 2. Heat 1 tablespoon of the olive oil in a large, heavy nonstick skillet over medium heat. Add the onion and cook, stirring often, until it is translucent, about 5 minutes. Add the garlic, stir together for about 30 seconds, until it begins to smell fragrant, and stir in the squash. Cook, stirring often, until the squash is translucent, about 5 minutes. Add the chopped tomatoes and the thyme, season with salt and pepper, raise the heat slightly and cook, stirring often, until the tomatoes have cooked down and smell fragrant, 10 to 15 minutes. Stir in the rice or other grains and remove from the heat. Step 3. Beat the eggs in a large bowl. Stir in the cooked vegetables, salt and pepper to taste, and the cheese and combine well. Scrape into the gratin dish. Step 4. Slice the remaining tomatoes and cover the top of the gratin in one layer. Drizzle on the remaining tablespoon of olive oil. Bake 45 minutes, or until the top is browned and the gratin is sizzling. Remove from the heat and allow to sit for at least 10 minutes before serving.

Mix’N’Match

The combination of tomatoes, peppers, and onions gives you the foundation for making a nice summer salsa. If you are fortunate to have some peaches ripening on the kitchen counter, pop them in for a smooth, sweet addition to your CSA veggies.

Summer Schedules and CSA Pick-up

Just a reminder that, given sufficient notice, we can adjust your delivery to accommodate vacations, etc. Please send an email to: csa@lazyeightstockfarm.com

Heat and Broccoli

While we were happy to have broccoli in last week’s box, we noticed that it didn’t keep very well. I hope you used yours soon after receiving it as the summer heat really did a number on it. Broccoli is happiest when exposed to the heat of your kitchen stove, not the blazing heat of the summer sun. We’ll try again with a fall crop which tends to be a more temperate growing environment.

Tomatoes

You may have noticed a few less tomatoes in your share the past two weeks. To date, the tomatoes have performed well - bearing early and prolifically. Seems like we are in a bit of a lull while more blossoms are setting on and green tomatoes are ripening up. Given that the tomatoes are also adjusting to the heat, we are upping their water intake as they are extremely thirsty during these days of 100 degrees and above in the hoop houses.